

# FOOTCARE NEWS



## LET'S TALK ABOUT HARDSKIN

Hardskin, dry skin or calluses are layers of hardened thicken layers of skin.

These can be caused by wearing incorrect footwear, high heels, flip flops or even sandals. Also not wearing socks or tights when wearing shoes or trainers.

Even walking barefoot can also create calluses too.

It is your skin's way to protect itself against friction and pressure.

These usually appear around the balls of your feet, heels and maybe on the side of your little toes. You may also get a little on the backs of your toes. They look white and dry and in some cases there may be some deep cracks too.



## HOW TO GET REDUCE HARDSKIN

Firstly, let's talk about rasps and pumices.

If you have a rasp, or as some may say cheese grater, then use it on your feet when they are dry. You will be able to see and feel how much you have reduced. Do not apply too much pressure and rasp too much off. You will also have more control in removing the callus without damaging the skin.

If you have a pumice stone. You can use this when your feet are wet. It is a much gentler way to remove calluses.

After removing the calluses, moisturise your feet with an appropriate foot cream and then followed by thick socks. This will help soften and moisturise your feet. Depending on how bad your feet are, you can do this everyday or even once a week. The choice is yours.

Look for products that contain urea, salicylic acid, or ammonium lactate. These ingredients will soften the skin over time.

For more info on what products is best to use feel free to contact me.

